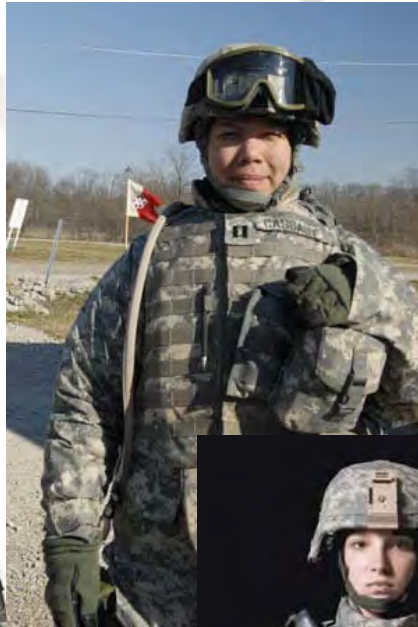




# Uniform and Appearance





# **REFERENCES**



**AR 670-1**

**Wear and Appearance of Army Uniforms and  
Insignia (Feb 2005)**

**ALARACT Message**

**Military Uniforms and Accessories Wear  
Out Dates 004/2008**

**MILPER Messages**



# PERSONAL APPEARANCE



- The Army is a uniformed service where **DISCIPLINE** is judged, in part, by the manner in which the Soldier wears the uniform as prescribed.







# **ARMY COMBAT UNIFORM (ACU)**

## **WEAR/CARE POLICY**



- **Designed to be worn under Interceptor Body Armor (IBA)**
- **Year-round wear**
- **Loose fitting and comfortable**
- **No alterations are authorized**
- **May be worn with BDU/DCU camouflage equipment**
- **No rank may be sewn on ACU except for patrol cap, sun hat, or kevlar/ACH cover**
- **Pin on skill badges (subdued)**
- **Soldiers will not starch uniform under any circumstances**
- **Use mild detergent (no optical brighteners or bleach)**
- **Tumble dry on low heat or hang dry**



# Wash and Wear Policy



- **“SOLDIERS WILL NOT STARCH THE ARMY COMBAT UNIFORM UNDER ANY CIRCUMSTANCES. THE USE OF STARCH, SIZING, AND ANY PROCESS THAT INVOLVES DRY-CLEANING OR A STEAM PRESS WILL ADVERSELY AFFECT THE TREATMENTS AND DURABILITY OF THE UNIFORM AND IS NOT AUTHORIZED”**

- -ACU MILPER MESSAGE, AMENDMENT TO  
AR 670-1

# The Army Combat Uniform





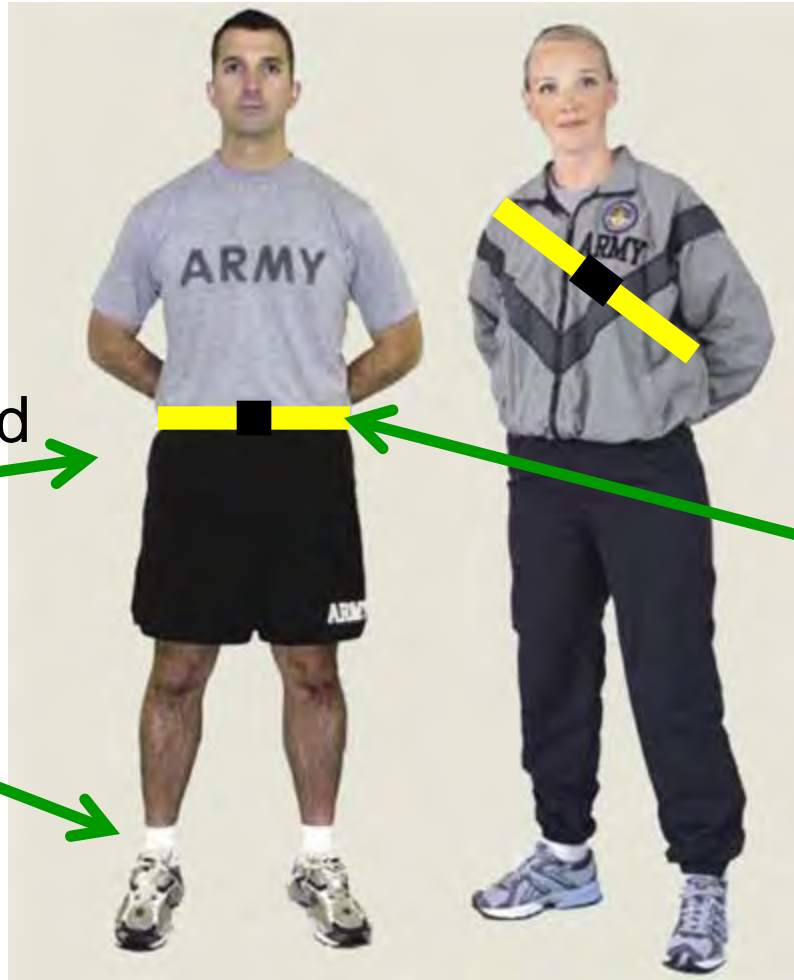
# Items Authorized with the ACU



- Patrol Cap with sew-on rank
- ACU sun (boonie) hat (not authorized at Camp Bullis)
- Socks (green or tan, cushion sole)
- Gore-Tex parka and pants (Woodland Pattern or ACU Pattern)
- ACU Fleece (loden green)
- Gloves- SOLDIERS MAY WEAR GLOVES WITH THE ACU WITHOUT THE COLD WEATHER OUTER GARMENTS (I.E., GORTEX JACKET OR FIELD JACKET, ETC.)
- T-shirt (Tan shirt, cotton and Tan moisture wicking)
- Combat and Special Skill Badges (pin on subdued or sew on [optional] 5 max)
- SSI-FWTS (*Shoulder Sleeve Insignia-Former Wartime Service*) (combat patch)
- Hydration systems, and organizational clothing and equipment (as determined by the commander)



# Summer IPFU - GO



Shirt Tucked  
in

All white  
Socks

Yellow reflective  
belt worn  
around waist





# **BOOTS**

## **GENERAL GUIDELINES**



- **Boots will be diagonally laced, with the excess lace tucked into the top of the boot, under the bloused trousers or wrapped around the top of the boot.**
- **Required to possess two pairs of issue**
- **As an option, boots of a similar commercial design are authorized for wear.**
- **UNAUTHORIZED BOOTS:**
  - **Boots with zipper inserts**
  - **Metal cleats & side tabs**





# Wear of ACU Headgear



- The ACU Patrol Cap is worn with the ACU
- Soldiers will wear the ACU Patrol Cap straight on the head so that the cap band creates a straight line around the head, parallel to the ground.
- Rank must be sew-on (preferred) or subdued pin-on.





# Hands in the Pockets

While in uniform, personnel will not place their hands in their pockets, except momentarily to place or retrieve objects. Soldiers will keep uniforms buttoned, zipped, and snapped. (AR 670-1, section 1-9 paragraph(3))



## HAIR STANDARDS

There are many hair styles that are acceptable in the Army, so long as the Soldier's hair is worn in a **neat and non-faddish**, the acceptability of the style will be judged solely by the criteria described in AR 670-1 paragraph 1-8a.





## HAIR STANDARDS continued



- Dyes, tints, or bleaches must result in natural hair color. Colors that detract from a professional military appearance are prohibited.
- Applied hair colors that are prohibited include but are not limited to purple, blue, pink, green, orange, bright (fire-engine) red, and fluorescent or neon colors.
- It is the responsibility of leaders to use good judgment in determining if applied colors are acceptable based upon the overall effect on soldiers' appearance.
- Dreadlocks are prohibited (unkept, twisted, matted, individual parts of hair)
- Extreme, eccentric or trendy haircuts or hairstyles are not authorized.



## HAIR STANDARDS (FEMALE)



**The length and bulk of the hair will not be excessive or present a ragged, unkempt, or extreme appearance.**

- Will not fall over the eyebrows or extend below the bottom edge of the collar.
- Wigs or hairpieces may be worn as long as it is of natural hair color and the style and length conform to appearance standards.
- If Soldiers use dyes, tints, bleaches, they must choose those that result in natural hair colors.



# HAIR STANDARDS (FEMALE)



- The style of the hair will not interfere with the proper wear of the head gear or protective mask.
- Females may wear braids and cornrows as long as the style is conservative.
- Dreadlocks are prohibited.
- Styles that are lopsided or distinctly unbalanced are prohibited.
- Ponytails, pigtails or braids that are not secured to the head are prohibited.
- Extensions, weaves, wigs and hairpieces are authorized, however the additions must be the same as the individual's natural hair.
- \*Note: Trendy styles that result in shaved portions of the scalp (other than the neckline) or designs cut into the hair are prohibited.



## HAIR ORNAMENTS



- All hair-holding devices must be plain and of a color as close to the Soldier's hair as possible or clear.
- Authorized only for the purpose of securing the hair.
- Authorized devices include but are not limited to barrettes, combs, pins, plain scrunchies, clips, rubber bands and hair bands. No decorated hair devices.





## HAIR STANDARDS (MALE)



The length and bulk will not be excessive or present a **ragged, unkempt or extreme appearance..**

- Must present a tapered appearance.
- Blocked cut fullness in the back is permitted in moderate degree as long as the tapered look is maintained.
- Shave daily prior to first formation
  - Exceptions – shaving profile; uniform and 1/8 inch



## HAIR STANDARDS (MALE)



- The hair on top of the head must be neatly groomed.
- Baldness is authorized for males, either natural or shaved.
- Hair that is clipped closely or shaved to the scalp is authorized.
- Males may cut a part into the hair (one straight line, not slanted or curved, will fall in the area where the soldier would normally part the hair). *1-8a(1)(c)*
- Males are prohibited from wearing wigs or hairpieces while in uniform or in civilian clothes on duty, except to cover baldness or physical disfiguration caused by accident or medical procedure (when worn wigs or hairpieces will conform to the standard haircut criteria as stated in *1-8a(2)(d)*)
- Braids, cornrows, or dreadlocks are unauthorized



# COSMETICS



- Female soldiers are authorized to wear lipstick and nail polish with all uniforms as long as the color is conservative and natural.
- Extreme shades of lipstick will not be worn such as:

purple

gold

blue

black

bright-red

camouflage

white

fluorescent



- Permanent makeup, such as eyebrow or eyeliner, is authorized as long as the makeup conforms to the standards outlined in AR 670-1.



# COSMETICS



- As with hairstyles the requirement for standards regarding cosmetics is necessary to maintain uniformity and to avoid an extreme or unmilitary appearance. Leaders at all levels must exercise good judgment in the enforcement of the policy.
- Females will not wear shades of lipstick or nail polish that distinctly contrast with their complexion, that detracts from the uniform, or that are extreme.
- Females cannot wear extreme shades of lipstick and nail polish. Leaders should give consideration to the undertone of female skin. A single color is not acceptable for all females: for example, red may look good on one female but not another.







# Finger Nail Standards



- Soldiers will not apply designs or apply two-tone or multi-tone colors to nails.
- No extreme shades of nail polish

**purple**

**gold**

**blue**

**black**

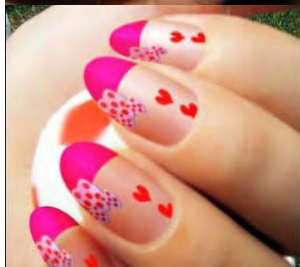
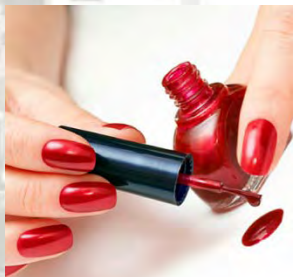
**bright-red**

**camouflage**

**white**

**fluorescent**

- All personnel will keep fingernails clean and neatly trimmed. Females will not exceed a nail length of 1/4 inch, as measured from the tip of the finger. Females will trim nails shorter if the commander determines that the longer length detracts from the military image, presents a safety concern, or interferes with the performance of duties. *AR 670-1, 1-8b(2)c.*





# **JEWELRY**



**No jewelry, watch chains, or similar items, will appear exposed on uniforms.**

**WITH THREE UNIFORM  
EXCEPTIONS!**

- Religious Apparel
- Earrings and piercing
- Eyeglasses



# **RELIGIOUS APPAREL**



## **RELIGIOUS APPAREL, ARTICLES AND JEWELRY**

### **May Be worn:**

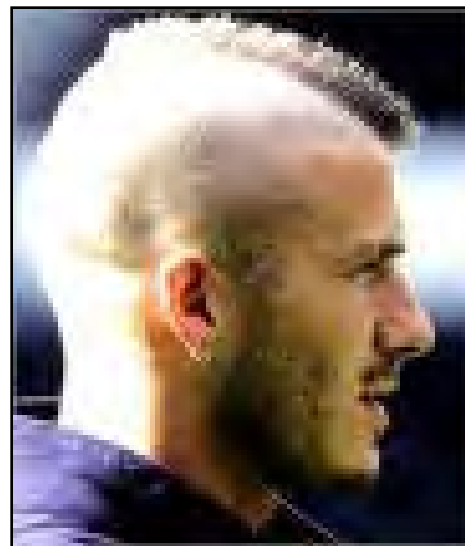
- Subject to temporary revocation due to health, safety, or mission requirements.
- May not be visible or apparent and is discreet in style and design.
- May be worn with the physical fitness uniform.



# EARRINGS



- **Male Soldiers are NOT authorized to wear any type of earring in uniform or civilian clothing on post.**
- **Female Soldiers are authorized optional wear of screw-on, clip-on, or post type earrings with dress uniforms. One Pair only**



**\*Check local policy—each post may have stricter standards**

# **BODY PIERCING**



- **No attaching, affixing, or displaying objects, articles, jewelry or ornamentation to or through the skin to include tongue, lips, inside the mouth, and other surfaces of the body not readily visible while in uniform.**
- **While in uniform, in civilian clothes while on duty, or in civilian clothes off duty on any military installation or other places under military control. This includes earrings for male Soldiers.**





# Watches and Bracelets

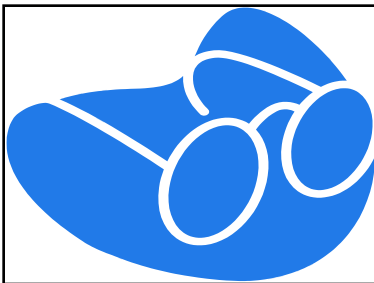
- ANY JEWELRY SOLDIERS WEAR MUST BE CONSERVATIVE AND IN GOOD TASTE.
  - IDENTIFICATION BRACELETS ARE LIMITED TO MEDICAL ALERT BRACELETS
  - MIA/POW IDENTIFICATION BRACELETS
  - REMEMBRANCE BRACELETS.
- SOLDIERS MAY WEAR ONLY ONE ITEM ON EACH WRIST.



# EYEGLASSES



- Conservative civilian prescription eyeglasses are authorized for wear.



- Conservative prescription and non-prescription sunglasses are authorized for wear when in a garrison environment except when in formation and while indoors.



- Sunglasses that have been issued by the Army with initials, designs, or other adornment are authorized for wear. ( ALARACT message )
- Eyeglasses or sunglasses that are *trendy* or have lenses or frames with initials, designs, or other adornments are not authorized for wear.

Not to be worn on top of the head or hanging from the uniform.



# Transition Lenses



- Conservative prescription and nonprescription sunglasses are authorized for wear when in a garrison environment, except when in formation and while indoors.
- Individuals who are required by medical authority to wear sunglasses for medical reasons other than refractive error may wear them, except when health or safety considerations apply.



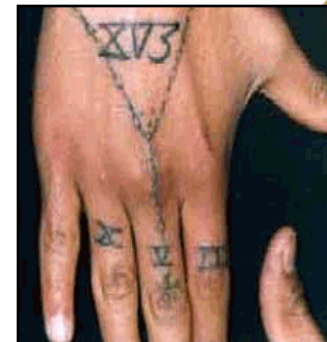
## AR 670-1,1–15. Wear of eyeglasses, sunglasses, and contact lenses

- Conservative prescription and nonprescription sunglasses are authorized for wear when in a garrison environment, except
  - when in formation and while indoors.
  - Individuals who are required by medical authority to wear sunglasses for medical reasons other than refractive error may wear them, except when health or safety considerations apply.
- Soldiers may not wear sunglasses in the field, unless required by the commander for safety reasons in high-glare, field environments. Utilize protective eyewear.

# TATTOOS



- Visible tattoos or brands on the face or head are prohibited. Tattoos or brands on other areas of the body that are prejudicial to good order and discipline are prohibited.
- Tattoos that are not extremist, indecent, sexist, or racist are allowed. Including those on the hands and neck.
- USAREC may approve / disapprove



Typical use of Roman Numerals for "18th Street," an Hispanic street gang.\*



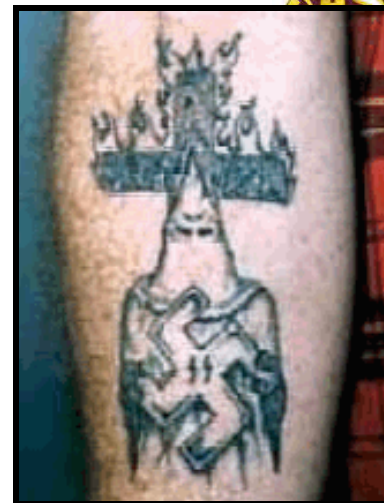


# TATTOOS



➤ **Commanders should examine the tattoo / brand as a possible extremist affiliation indicator IAW AR 600-20, para 4-12.**

- **Equal Opportunity Advisor (EOA)**
- **Criminal Investigative Department (CID)**
- **Inspector General (IG)**



**Typical of "Klu Klux Klan" White Supremacist tattoos.\***

\* <http://www.co.washington.or.us/sheriff/investig/gangs.htm>



# **CELL PHONES AND BEEPERS/PAGERS**



- **Soldiers may wear cell phones, beepers or pagers in the performance of official duties.**



- **Dimensions: 4x2x1**

- **No wireless devices or so called Bluetooth will be worn while wearing the Army uniform.**

- **Wear of electronic devices for any other reason is left up to the discretion of the Commander.**

- **If electronic devices are worn, Soldiers should place them in an inconspicuous place on the uniform, such as the waistband of the slacks near a pocket, or inside a pocket.**





# **BACKPACKS**



- All items worn over the shoulder must be black or ACU pattern with no other colors and may not have any logos. Logos include Army agency/organization seals, insignias, crests, etc.
- Backpacks, civilian rucksacks, gym bags or like articles may be carried, worn over one shoulder, or both shoulders while in uniform. They may not be slung across the body with the strap over the opposite shoulder.



# OPTIONAL WITH CIVILIAN CLOTHES



1. Black all weather coat
2. Black windbreaker
3. Black pullover sweater
4. Any portion of the PT uniform  
(Not while in the gym conducting personal physical fitness.)



# Military Uniforms and Accessories

## Wear Out Dates



ALARACT 004/2008

- As of APR 09
  - Battle Dress Uniform (BDU)
  - Desert Battle Dress Uniform
  - T-Shirt Brown
  - Boots, Combat, Leather Black
  - Woodland and Desert Camouflage Pattern Caps
  - Olive Drab Green Nametape and U.S. Army





# Military Uniforms and Accessories

## Wear Out Dates (cont.)



- Subdued Olive Green, Shoulder Sleeve Insignias and subdued shoulder sleeve Insignias – Former Wartime Service
- Black Rigger Belt
- Belt, Web with open-faced black buckle
- Jungle Boots (Green and Black)
- Black knit cap and black micro fleece knit cap  
(wear out date 30 SEP 09)
- The coat, cold weather, woodland camouflage pattern (Field Jacket) (wear out date 30 SEP 10)



# Hand Sanitizer



ALARACT 015/2011 - ALARACT GUIDANCE ON ISSUE AND USE OF 60% ALCOHOL-BASED HAND SANITIZER EFFECTIVE IMMEDIATELY, ALL ARMY MEDICAL DEPARTMENT (AMEDD) ACTIVE-DUTY AND RESERVE COMPONENT SOLDIERS ON ACTIVE DUTY (ALL SOLDIERS WITH A MEDICAL MOS OR AOC, REGARDLESS OF UNIT OF ASSIGNMENT) WILL CARRY TWO-SMALL BOTTLES (MINIMUM SIZE OF ONE-OUNCE) OF 60% ALCOHOL-BASED HAND SANITIZER AT ALL TIMES AS PART OF THEIR DUTY UNIFORM.

v/r

CPT P

Gary Paladichuk

CPT, MS

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# Where Can I Wear My ACUs?



- Personnel will not wear the ACU in Off-Post establishment that primarily sell alcohol.
  - If the Off-Post establishment sells alcohol and food, Soldiers may not wear the ACU if their activities in the establishment center on drinking alcohol.
- The ACU is not normally considered appropriate for social or official functions off the installation, such as:
  - Memorial services
  - Funerals
  - Weddings
  - Inaugurals
  - Patriotic ceremonies, etc.



# What Not To Do

- Eat, drink, smoke while walking in uniform
- Talk On cell phone while walking
- Wear Bluetooth device
- Appear Drunk



# QUESTIONS ?